

**USER GUIDE - PLEASE READ BEFORE OPERATING**

# SoClean

## CPAP Sanitizing System

*Automated, safe, natural sanitizing  
that's easy to use.*



**BetterRest**  
SOLUTIONS  
[www.betterrestsolutions.com](http://www.betterrestsolutions.com)

# *Thank You*

Thank you for your purchase of the SoClean CPAP sanitizing system. We at Better Rest Solutions are committed to providing innovative and safe methods that can improve the health and well being of our customers. It is our hope that the SoClean will do just that for you. Please familiarize yourself with this manual, and the operation of the unit. After a few easy steps, you'll find that daily sanitizing of your CPAP equipment has never been easier. This unique process will completely eliminate bacteria, mold, viruses, and other pathogens. It does all this by using gaseous activated oxygen alone—no need for liquid sanitizers or messy preparations. Please feel free to contact us with any questions or concerns you might have.

*- Better Rest Solutions*

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**Included with your SoClean:**

- 1. Neutralizing pre-wash**
- 2. SoClean filter (installed)**
- 3. SoClean check valve (installed)**
- 4. Acrylic sleeve**
- 5. Injection fitting with hose**
- 6. AC power adapter**

**Weight:** 5 lbs**Dimension:** 12.25"l x 6"w x 7"h**Cord Length:** 4' 8"**Electrical:** 12 Vdc**Power consumption:** 5 Watts**Warranty:** 1 year warranty

## SAFETY



**DANGER:** Keep away from water sources including rain, bathtubs, sinks and pools.



**DANGER:** Keep away from children. It is not a toy!



**DANGER:** Do not use in explosive air environments, near gas vapors, or other flammables, etc.



**DANGER:** Do not place any items on top of SoClean Unit, particularly flammables or ignitable items.



**DANGER:** Never place any living thing (including pets) inside.



**WARNING:** Do not dismantle the SoClean unit.



**WARNING:** Do not run the SoClean for more than 30 minutes consecutively.



**WARNING:** Please be aware that there are sensitive electronics inside the SoClean. If you need to clean your SoClean, wipe with a damp cloth. Do not submerge your SoClean or use any chemical cleaners to clean out the inside of the SoClean chamber.

## 1. What's Inside



Open your SoClean by pulling the lower end of the latch away from the machine and allowing the upper half of the latch to disengage from the lid.

Inside you'll find the power cord, acrylic sleeve, injection fitting with hose and check valve, and bottle of neutralizing pre-wash.

## 2. Using the Neutralizing Pre-Wash

The SoClean pre-wash is a special fragrance-free hypoallergenic cleansing solution for your CPAP equipment. We strongly recommend that you use the SoClean pre-wash (or a fragrance-free dish soap) anytime you hand wash your CPAP equipment.

**It is important to wash your mask, hose, and reservoir using the neutralizing pre-wash before the first use of your SoClean and anytime you introduce new equipment to your CPAP system.** The purpose of this is to neutralize any pre-existing odors from detergents and to remove any residue from manufacturing that could react with the activated oxygen. Use the pre-wash in your sink with water, like you would with ordinary dish soap.

**Washing your CPAP equipment:** Use 1/4 of the included pre-wash bottle with a gallon of water to wash your CPAP equipment (mask, hose, and reservoir), and then rinse thoroughly.

### 3. Installing the Injection Fitting



**Disconnect the main hose from the reservoir of your CPAP machine.** Position the injection fitting onto the port of your reservoir, allowing the smaller hose to enter into and rest on or near the bottom of the reservoir. **It may be necessary to trim off some of this smaller hose to achieve the best fit.** If you experience difficulty inserting the small hose into the reservoir, please visit [www.youtube.com/betterrestsolutions](http://www.youtube.com/betterrestsolutions) to see how this can be done with a number of different style humidifiers.



If you are currently not using a humidifier, remove this short length of hose by pulling it straight off, then attach the fitting directly to the port on your CPAP machine. (*see next page*)

Reconnect the main CPAP hose to the top of the injection fitting.



## 4. Installing the Acrylic Sleeve



Separate the face mask hose from the main hose, and thread the acrylic sleeve onto the end of the main hose. Reattach your face mask hose. When using the SoClean unit, **make sure that the sleeve is positioned on the main hose in such a way as to allow it to fit into the machine slot and form a tight seal when the lid is closed.** Visit [www.youtube.com/betterrestsolutions](http://www.youtube.com/betterrestsolutions) for a video demonstration of this procedure.

## 5. SoClean Check Valve

Your SoClean check valve assembly is a series of two check valves separated by a short length of clear tube. It is installed along the length of hose that connects your SoClean to your CPAP system. This assembly is important because it prevents water from your humidifier reservoir from backing up into your SoClean machine. The clear tube allows you to visually inspect for water trapped within it. If you can see water in the clear tube, the check valve assembly should be replaced immediately.



## 6. Setting your SoClean timer

Visit [www.youtube.com/BetterRestSolutions](http://www.youtube.com/BetterRestSolutions) for video demonstrations on how to set your SoClean timer.

Your SoClean timer will allow you to completely automate your daily cleaning. **Setting it to run for a duration of 5 - 10 minutes should be enough to completely sanitize your equipment.** You can increase or decrease that duration depending upon your needs. Please allow for your mask to remain inside the SoClean unit for **at least 2 hours** following the machine's operation, as this is part of the sanitizing process.

12:00 AM – 00:00 hrs	8:00 AM – 08:00 hrs	4:00 PM – 16:00 hrs
1:00 AM – 01:00 hrs	9:00 AM – 09:00 hrs	5:00 PM – 17:00 hrs
2:00 AM – 02:00 hrs	10:00 AM – 10:00 hrs	6:00 PM – 18:00 hrs
3:00 AM – 03:00 hrs	11:00 AM – 11:00 hrs	7:00 PM – 19:00 hrs
4:00 AM – 04:00 hrs	12:00 PM – 12:00 hrs	8:00 PM – 20:00 hrs
5:00 AM – 05:00 hrs	1:00 PM – 13:00 hrs	9:00 PM – 21:00 hrs
6:00 AM – 06:00 hrs	2:00 PM – 14:00 hrs	10:00 PM – 22:00 hrs
7:00 AM – 07:00 hrs	3:00 PM – 15:00 hrs	11:00 PM – 23:00 hrs

### A. Setting the Clock to your Local Day and Time



#### Setting the day.

Hold down the CLOCK button while you click through the DAY button until you reach the current day. (i.e. if it's Wednesday, the display should show We at the top)



#### Setting the hour.

Hold down the CLOCK button while you click through the HOUR button until you reach the current hour. (i.e. if it's 10:15 am, the hour display should read 10)



### Setting the minutes.

Hold down the CLOCK button while you click through the MIN button until you reach the current minutes. (i.e. if it's 10:15 am, the minute display should read 15)

## B. Setting the SoClean Timer to turn On



Press the TIMER button. You should see the number 1 and the word ON at the left of the display. This means the machine is ready to be programmed as to what time it will turn on. If you wait too long, the timer will revert back to the clock display, and you will have to press TIMER again to resume programming.



### Setting the day.

Click through the DAY button to select the day, or combination of days, you want to run your SoClean. For instance, if you want to run it daily, the top display should show all 7 days.



### Setting the hour.

Click through the HOUR button to select the hour of the day you want your SoClean to turn on. Most people choose mid-morning or 1-2 hours after they awake.

## SoClean Timer Set-Up



### Setting the minutes.

If you would like to set the minutes, click through the MIN button until you reach the minutes of the hour you want your SoClean to turn on.

## C. Setting the SoClean Timer to turn Off



After completing the settings to turn on your SoClean, press the TIMER button once again. This time you should see the word OFF next to the number 1, at the bottom left of the display. This means the machine is ready to be programmed as to what time it will turn off.



### Setting the day.

Click through the DAY button to select the day or combination of days that match what you selected earlier, when you programmed the timer to turn on.



### Setting the hour.

Click through the HOUR button until you reach the hour you'd like your SoClean to turn off. (This should usually match the hour you chose to turn your SoClean on.)



### Setting the minutes.

Click through the MIN button until the number goes 5 - 15 minutes beyond the time you selected to turn the machine on. (i.e. if your machine is set to turn on at 10:15, it should be set to turn off at 10:20)

After setting your timer, press the CLOCK button once to return to the home screen, or you can wait a few moments and it will return automatically. At this point, your SoClean has been programmed to turn on and off automatically.

The last thing to do, is to make sure that there is a bar above the word AUTO on your timer. If this isn't the case, press the MANUAL button until it moves into the correct position. Note: Regardless of your settings, your SoClean will not operate unless there is a mask/hose present in its chamber.

### Manual Operation

There may be occasions when you wish to run your SoClean at a time other than what you've programmed into your timer. (Perhaps you forgot to place your mask into the chamber that morning, but would still like to sanitize your equipment later that day.) You can do this without having to reset the timer, by using the manual setting.



To do this, simply push the MANUAL button until the bar on the bottom of your display moves to the position above the word ON. Now place your mask and attached hose into the chamber and close the lid. At this point, the SoClean will operate continuously. **Since the SoClean has been manually activated, it also**



least 2 hours following the machine operation, as this is part of the sanitizing process.

**A note of caution: It's very easy to lose track of time when running the SoClean manually. Please be sure to monitor the time and avoid operating the SoClean for longer than one-half hour.**

**needs to be manually turned off.** After the desired amount of time, open the lid, press the MANUAL button once (**so that the bar moves above the word AUTO**), and re-close the lid. Since activated oxygen is heavier than the air we breathe, it will remain in the chamber while you perform this. Please allow for the mask to remain inside the SoClean unit for at

## 7. Using your SoClean

After your initial setup, using your SoClean unit is extremely easy. You will not need to disassemble any components to carry out your daily sanitizing.

1. Open lid.
2. Insert mask with hose attached into chamber, and close lid. Be sure the acrylic sleeve is positioned in its slot, forming a tight seal. Close latch.
3. SoClean is now ready to automatically operate according to its preset time and duration.



**Important:** Please allow for the mask to remain inside the SoClean unit for at least 2 hours following the machine operation, as this is part of the sanitizing process.

4. Before normal use, turn on your CPAP machine and allow it to operate approximately 15 - 20 seconds, to allow any residual sanitizing scent to be blown out.

It's no coincidence that the clean odor you smell in connection with the SoClean machine is reminiscent of the way the air smells after a thunderstorm. The same process is at work: Activated oxygen is being generated.

The activated oxygen used in the SoClean process is one of nature's most potent sanitizing agents. It has the ability to kill bacteria, molds, viruses, and fungi on contact. It then reverts back into the oxygen we breathe by the end of the sanitizing process.

# FAQ & Troubleshooting

## **1. Will my CPAP equipment be wet from the SoClean?**

No. The SoClean uses no fluids in its operation. It sanitizes with gaseous activated oxygen. No harsh fluids or water are used in this process.

## **2. Is the SoClean harmful to me or the environment?**

No. The powerful sanitizing agent used by the SoClean never reaches the outside environment. It is generated and contained safely within the SoClean system, and is converted back into the air we breathe when it is released.

## **3. How do I know that my SoClean is truly sanitizing?**

After sanitizing, your equipment will carry a light, clean scent. Some have described it as a mild bleach odor. This scent indicates that your equipment has been sanitized.

## **4. What if the scent the SoClean leaves is too strong for me?**

If you have already treated your equipment with the Neutralizing Pre-Wash, and still feel that the scent is too strong, there are a number of things you can do: (1) Before donning your mask at bedtime, run your CPAP for 20 seconds to allow any residual scent to be expelled. (2) Set the timer so that treatments take place earlier in the day, allowing any residual scent to dissipate by nighttime. (3) Reduce the treatment duration time. Using your SoClean manual, you can cut back to as little as 5 minutes and still receive effective sanitizing. (4) Sanitize your equipment every other day instead of daily.

## **5. How long is too long to run my SoClean?**

Five to ten minutes should be enough to completely sanitize your equipment. Anything beyond that is likely unnecessary. The SoClean should never be set to run for longer than 30 minutes, with at least a 30 minute cool-down.

## **6. Are there materials that I should avoid putting into the SoClean?**

Nylon and natural rubber break down when exposed to activated oxygen.

Mainstream manufacturers typically do not use these materials in their reservoirs, hoses, or headgear.

**For further questions or concerns, please feel free to contact our technical support group at 866-501-3705, between the hours of 9:00 a.m and 5:00 p.m (EST), Monday through Friday.**

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For all warranty issues, a Return Authorization number and Proof of Purchase is required, please contact Better Rest Solutions at [www.betterrestsolutions.com](http://www.betterrestsolutions.com). The return shipping cost is the responsibility of the customer; therefore, returned products must be shipped prepaid and insured. CODs are not accepted. Original shipping fees are non-refundable. Products repaired or replaced under warranty will not incur reshipping charges. Under this warranty, the sole remedy shall be repair, exchange, or replacement at Better Rest Solutions discretion.

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## EDUCATIONAL USER GUIDE & INSTRUCTION BOOKLET

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